

Children's Services – Emotional Health and Wellbeing Update

Report of the Head of Education and Learning

Please note that the following recommendations are subject to consideration and determination by the Cabinet (and confirmation under the provisions of the Council's Constitution) before taking effect.

Recommendation:

Scrutiny to note the progress on actions from the task and finish group report and the resulting action plan.

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## **1. Early Help 4 Mental Health Service**

### **1.1 Recommendation 1**

- 1.1.1 That Early Help for Mental Health (EH4MH) provision is continued.

#### **Update**

The Early Help 4 Mental Health programme continues to work with schools to promote positive emotional health and wellbeing and offer early intervention and support to children and young people. Opportunities to build on the EH4MH programme approaches and provision for early help for mental health support across a range of appropriate settings (this may include at home, in clinic, education or community settings) is being commissioned through the new 'Emotional Wellbeing and Mental Health: CAMHS' contract starting on 1 April 2019. This service will include access to Kooth, the online counselling and information website specifically for young people. Amongst the objectives set for the provider are the requirements to build capacity in universal settings to identify and support children and young people with emotional health needs, to be involved in the training, supervision and consultation of others who may be best placed to support children and young people (for example class teachers, pastoral support, youth workers etc.) and cascade knowledge and evidence-based practice that enables families and those engaging with children and young people to create emotionally healthy environments and prevent psychological harm. In the context of prevention, there is an expectation that the contract will see a proportional reduction in spend on high cost crisis care, to an increase in prevention and early intervention.

Following the Green paper consultation on "Transforming children and young people's mental health provision" the government announced, that they would pilot seven 'trailblazer' regions across the UK. In September Devon applied to become one of the trailblazer areas. Unfortunately, we were not successful in this application, we have however been invited to apply to wave two. The Department of Health and Social Care has also selected seven higher education providers to offer a new mental health practitioner course from next year. The University of Exeter was one of these providers and will have access to some of the £209m pledged in the children and young people's mental health green paper to train up practitioners to work in the new support teams.

- 1.1.2 That EH4MH continues to be offered to all primary schools in Devon to ensure maximum take up of the service.

### **Update**

An analysis of the current take-up of the EH4MH programme by primary and secondary settings was undertaken. The Chair of the Children and Young People's Emotional Health and Wellbeing Task Group, Councillor Christine Channon, subsequently wrote individually to all schools in Devon regarding EH4MH. All engaged schools were thanked for their participation in the programme. Non-engaged schools were encouraged to take part and offered the invitation to get in touch and take the opportunity to benefit from free training, supervision and consultation. The schools were also provided with a copy of the scrutiny report and a copy of the EH4MH leaflet.

311 schools are currently engaged or in progress with the EH4MH programme, representing 88% of schools in Devon. 42 schools are still not engaged, which are mostly primary schools rather than secondary schools. However, even though some schools have not actively engaged they have, throughout the course of the programme, been able to access free training in the community for their staff.

## **2. Schools**

### **2.1 Recommendation 2**

2.1.1 That there is better awareness in schools in Devon as to the nationally available tools and resources on emotional and health & wellbeing, that can be linked in with EH4MH, promoting use of a range of strategies to ensure wrap-around support to young people including counselling, peer mentoring and internal pastoral support.

### **Update**

Revised guidance on supporting children with mental health issues was provided by the DfE in Nov 2018 and was circulated to all schools. The documentation also provides access to case studies.

Links to the following documents were also circulated to schools:

- Rise Above website. Launched by Public Health England for schools and young people around lifestyle and emotional health and wellbeing,
- Public Health England guidance on Mental health and wellbeing provision in schools
- DfE – Mental Health and Behavior in schools
- DfE – Supporting mental health in schools and colleges

Two examples have also been produced locally which provide a good demonstration of how schools are embedding the Early help for Mental health strategy into their work. Links to these two examples are provided below for your information.

<http://www.honitoncollege.com/emotional-w>

<https://www.colytongrammar.com/safeguarding-and-wellbeing/mental-health/>

### **2.2 - Recommendation 3**

2.2.1 That all Devon schools are encouraged to have a mental health champion and support champions and that all appropriate teaching staff are trained in terms of emotional health & wellbeing with access to annual best practice updates.

### **Update**

Schools continue to be encouraged to have a mental health champion and in addition all schools are able to access free training on offer from the EH4MH programme (whether they are actively 'engaged' or not). This includes introductory sessions to mental health awareness, bereavement training, anxiety training, difficult conversations, 'normal magic' and attachment patterns. In addition, the provider has developed, during the last year, additional training programmes enabling schools to work directly with families and children to support children presenting with anxiety symptoms (primary schools). In secondary schools, staff can access all courses as well as a programme to build pupils resilience within the curriculum. In terms of annual updates, the school support provider holds annual conferences, one focused for primaries and one focused for

secondaries, to share best practice case studies and updates and give the opportunity for mental health champions to network. These conferences all include participation by pupils, who showcase the peer support work they are leading within their schools with support from the EH4MH programme.

## **2.3 Recommendation 4**

2.3.1 That there is better promotion of the offers available from outside agencies so schools know exactly what support and training is available.

### **Update**

As part of their work, the EH4MH practitioners are providing resources and information to schools on local agencies and sources of support. During the training session focused on developing a mental health strategy, the schools participating map what resources and services they know about and use, in order to share with all schools present, so that everyone becomes more aware of what is available locally and nationally. The EH4MH programme hosts a central website ([www.eh4mh.co.uk](http://www.eh4mh.co.uk)) where schools can access locally developed resources. In addition, school staff attending the individual training sessions receive a slide pack detailing links to useful resources and suggested tools.

## **3. Multi-Agencies**

### **3.1 Recommendation 5**

3.1.1 That the County Council supports the work started by the Strategic Partnership Forum who, alongside schools are seeking to resolve issues relating to Autistic Spectrum Disorder (ASD) assessments. This work will later transfer to the Special Educational Needs and Disabilities (SEND) Improvement Board.

### **Update**

Support for children and young people with Autistic Spectrum Disorder is an ongoing concern and will become a focus of the SEND improvement board from the Spring term onwards. Leaders at appropriate levels across all agencies and schools will be part of the task group. 6 weekly reporting will be made from the SEND board to the Devon Children and Families Partnership to provide additional oversight and challenge on progress.

### **3.2 Recommendation 6**

3.2.1 That the Council promotes joint agency working in line with the Early Help protocols to ensure that, as far as possible, all agencies (DCC, CAMHS, Health, Police etc) work together to support young people whose mental health puts them at risk of harm.

### **Update**

The DCFP has been proactive in supporting the work to embed Devon's Early Help protocols. Early Help, including Early help for Mental Health is a key element of the Devon Children and Families partnership work and is circulated across all agencies.

An updated Early Help action plan was submitted to the Ministry for Housing, Local Government and Communities in December. This plan clearly outlines how policy and practice in the local area is moving from the development stage of the National Matrix into a more mature model which provides a system wide response to Early Help and draws in other transformation programmes and service/ provider strategies.

The Scrutiny report has been circulated to the Devon Children and Families Partnership and Early Help Improvement Board for wider dissemination.

**Dawn Stabb**

Head of Education and Learning

**Electoral Divisions:** All

Cabinet Member for [Children, Schools and Skills](#): Councillor James McInnes

Chief Officer for Childrens Services: Jo Olsson

**LOCAL GOVERNMENT ACT 1972: LIST OF BACKGROUND PAPERS**

***Contact for Enquiries:***

Dawn Stabb, Head of Education and Learning

Email: [dawn.stabb@devon.gov.uk](mailto:dawn.stabb@devon.gov.uk)

*Tel No: 01392 383000*

*Room: 130, County Hall*